

Statistics Report 16065, Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Report Date: September 25, 2015 08:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.59	--	0.282	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	347	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	2.74	--	0.048	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Total lipid (fat)	g	1.60	--	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	1.54	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	16.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Fiber, total dietary	g	3.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Minerals													
Calcium, Ca	mg	17	--	0.845	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	1.42	--	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Magnesium, Mg	mg	43	--	0.570	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Phosphorus, P	mg	96	--	2.308	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	178	--	5.712	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	350	--	12.206	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	1.04	--	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Copper, Cu	mg	0.170	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Manganese, Mn	mg	0.392	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Selenium, Se	µg	2.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.2	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Thiamin	mg	0.063	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Riboflavin	mg	0.050	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Niacin	mg	0.431	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Pantothenic acid	mg	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Folate, total	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1986
Folate, DFE	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	0	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.605	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
10:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
12:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
14:0	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	0.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
20:1	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	0.229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cholesterol	mg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Amino Acids													
Tryptophan	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Isoleucine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Alanine	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	0.331	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	0.519	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1986